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Heads Up to Schools:
**KNOW YOUR
CONCUSSION
ABCs**

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| A ssess
the
situation | B e alert for
signs and
symptoms | C ontact a
health care
professional |
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EDUCATIONAL MATERIALS FOR SCHOOL PROFESSIONALS IN ELEMENTARY, MIDDLE, AND HIGH SCHOOL





DEPARTMENT OF HEALTH AND HUMAN SERVICES

Health Service

Disease Control and Prevention (CDC)

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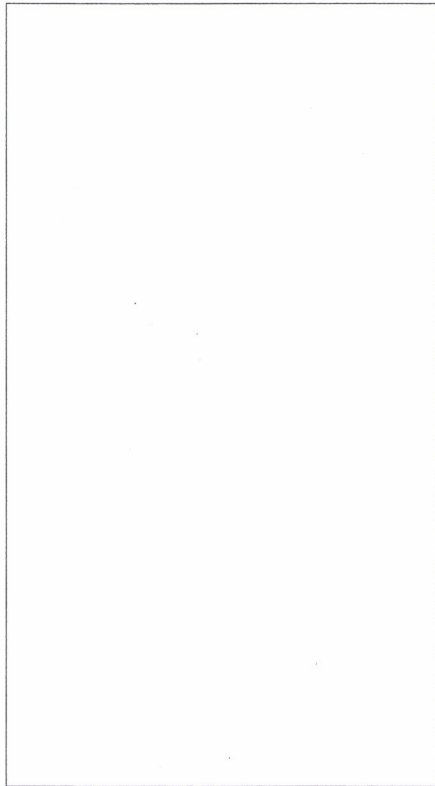
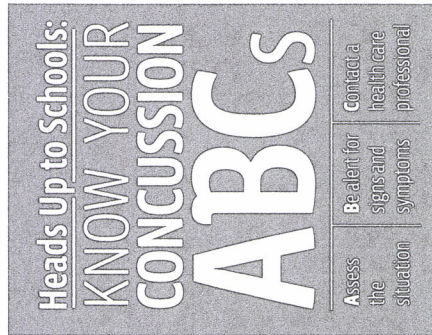
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SERVICE REQUESTED





FREE Concussion Materials for School Professionals
inside and at: www.cdc.gov/Concussion.

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Heads Up to Schools: KNOW YOUR CONCUSSION ABCs

Assess
the
situation

Be alert for
signs and
symptoms

Contact a
health care
professional

Signs and Symptoms of a Concussion

A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Be alert for **any** of the following signs and symptoms.

SIGNS OBSERVED BY SCHOOL PROFESSIONALS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to hit, bump, or fall
- Can't recall events *after* hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

SYMPTOMS REPORTED BY THE STUDENT

Thinking/Remembering

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional

- Irritable
- Sad
- More emotional than usual
- Nervous

Sleep*

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual
- Has trouble falling asleep

**Only ask about sleep symptoms if the injury occurred on a prior day.*

What can school professionals do?



Know your Concussion ABCs:

A—Assess the situation

B—Be alert for signs and symptoms

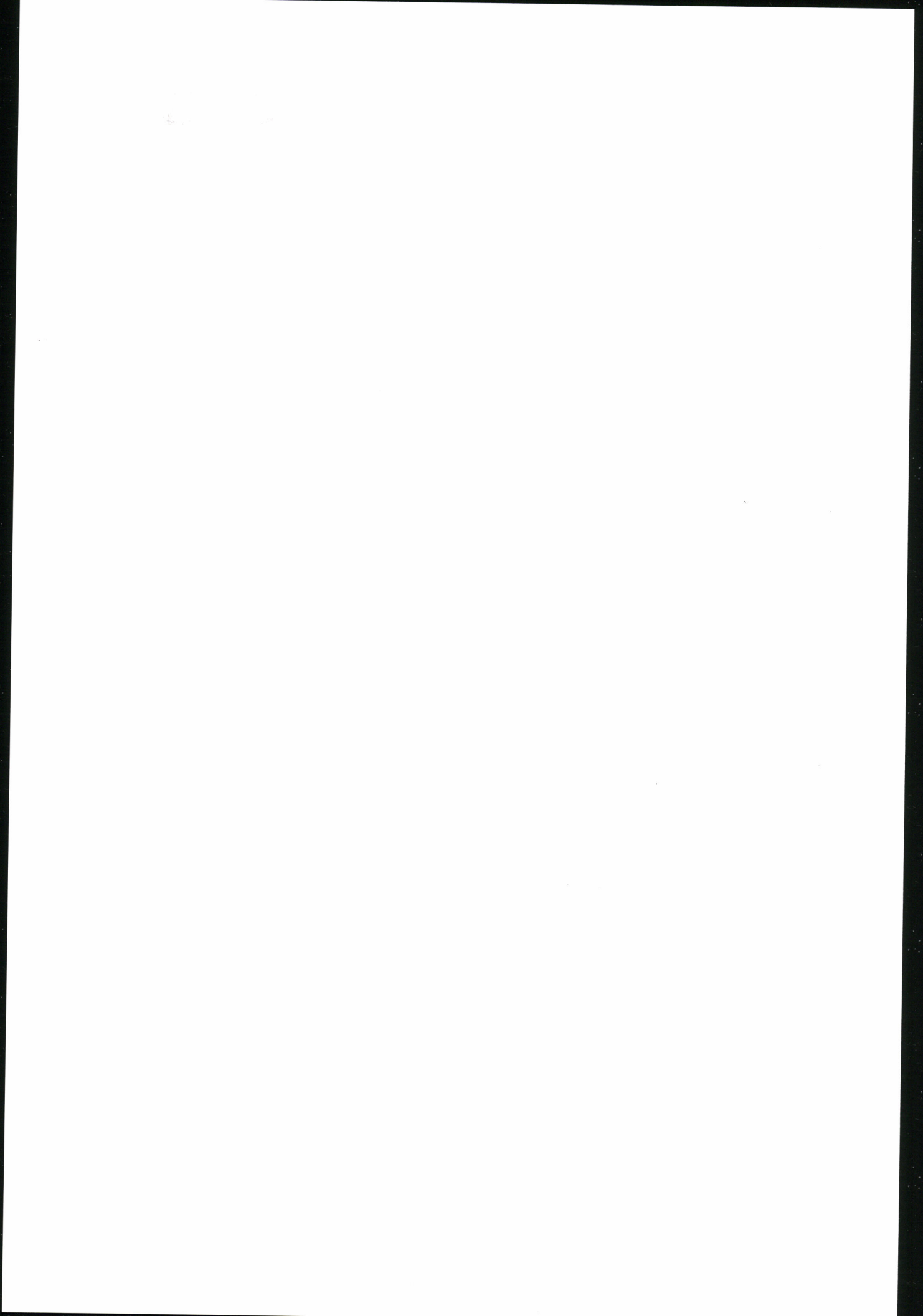
C—Contact a health care professional

May 2010

* For more information and to order additional materials **FREE-OF-CHARGE**, visit:
www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION





**Heads Up to Schools:
KNOW YOUR
CONCUSSION
ABCs**

Assess
the
situation | Be alert for
signs and
symptoms | Contact a
health care
professional



Public Health Service

Centers for Disease Control
and Prevention (CDC)
Atlanta, GA 30341-3724

Dear School Professionals,

Concussions don't only happen to athletes on the playing field. Any one of your students could take a spill, knock his/her head, and get a concussion in any number of school settings ranging from the hallway, to the playground, to the cafeteria, and beyond.

That's why—whether you're a principal, school nurse, teacher, or other school professional—the Centers for Disease Control and Prevention (CDC) and several other distinguished medical, educational, school-health, and school-professional organizations encourage you to use the enclosed ***Heads Up to Schools: Know Your Concussion ABCs*** materials.

CDC created this flexible set of materials to help you identify and respond to concussions in an array of school settings. The materials are **free-of-charge** and include:

- A fact sheet for school nurses
- A checklist of concussion signs and symptoms
- A magnet with concussion signs and symptoms
- A fact sheet for parents
- A fact sheet for teachers, counselors, and school professionals
- A laminated card with concussion signs and symptoms
- A poster with concussion signs and symptoms

How do you use them?

For school nurses

You can keep them in your office and also present them to other school staff during staff meetings. The signs and symptoms checklist is particularly useful in helping to monitor a student with a head injury. The fact sheet for parents should be sent home with a student who has a head injury, so that mom and dad know which symptoms to look out for at home.

For school professionals

The fact sheet for teachers, counselors, and school professionals can serve as a quick reference guide in the classroom. The magnet can be placed in any number of locations, from a school filing cabinet to the refrigerator in the staff lounge. You can also place the poster in the staff lounge, library, cafeteria, or wherever you think it might be most visible. We encourage you to include the laminated card in your first aid kits or take it on field trips.

To get more copies of these materials for your school, please visit **www.cdc.gov/Concussion** where you can **download or order additional materials for free**. The materials can also be downloaded in Spanish.

The *Heads Up to Schools: Know Your Concussion ABCs* materials are part of a series of Heads Up initiatives for different audiences. For great resources specifically designed for Youth Sports and High School Coaches, please visit: www.cdc.gov/Concussion.

Because children and adolescents are at greatest risk of concussion—and we know that you are dedicated to their safety as well as their education—we **urge you to use and promote *Heads Up to Schools* materials to your colleagues and throughout your school**. Thank you for participating in this important initiative.

Sincerely,

Richard C. Hunt, MD, FACEP
Director, Division of Injury Response
National Center for Injury Prevention and Control
Centers for Disease Control and Prevention

Thank you to the following individuals, as well as the participating organizations listed on the folder, for their contributions and insights on the *Heads Up to Schools: Know Your Concussion ABCs* materials. Their work and dedication are helping to improve prevention, recognition, and response to concussion among children and youth nationwide.

Kelly Sarmiento, MPH

Centers for Disease Control and Prevention

Rosanne Hoffman, MPH

Academy for Educational Development

Elyse Cohen, MPH

Academy for Educational Development

Gerard A. Gioia, PhD

Children's National Medical Center
George Washington University School of Medicine

Andrew Gregory, MD, FAAP, FACSM

American Academy of Pediatrics
Vanderbilt Sports Medicine

Michael W. Collins, PhD

University of Pittsburgh Medical Center

Janet Tyler, PhD

Kansas Instructional Support Network

James M. Callahan, MD, FAAP, FACEP

University of Pennsylvania School of Medicine
The Children's Hospital of Philadelphia

Ruben J. Echemendia, PhD

National Academy of Neuropsychology

R. Dawn Comstock, PhD

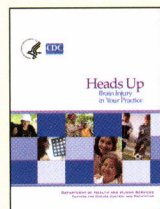
The Research Institute at Nationwide Children's Hospital
The Ohio State University

Michael C. Koester, MD, ATC

National Federation of State High School Associations
Slocum Center for Orthopedics and Sports Medicine

Special appreciation also goes to the multiple other experts and over 40 schools professionals that reviewed and provided crucial feedback on the materials.

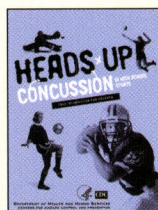
Additional Resources



"Heads Up to Clinicians" initiatives

Resources for health care professionals in the primary care and emergency care settings.

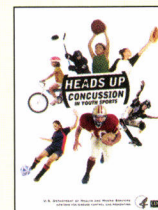
Concussion resources for health care professionals and patients, in English and Spanish, including a clinical guideline, a booklet for physicians, a patient evaluation tool, wallet cards, and a fact sheet for patients, are available at: www.cdc.gov/Concussion.



"Heads Up: Concussion in High School Sports" initiative

Resources for high school coaches, administrators, parents, and athletes.

Concussion resources for high school coaches, administrators, parents, and athletes, in English and Spanish, including a guide for coaches, videos, fact sheets, and Podcasts, are available at: www.cdc.gov/Concussion.

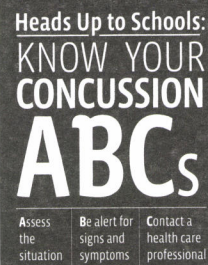


"Heads Up: Concussion in Youth Sports" initiative

Resources for youth sports coaches, administrators, parents, and athletes.

Concussion resources for youth sports coaches, administrators, parents, and athletes, in English and Spanish, including fact sheets, videos, e-cards, a clipboard, a magnet, a poster, and a quiz, are available at: www.cdc.gov/Concussion.

Concussion Signs and Symptoms Checklist



Student's Name: _____ Student's Grade: _____ Date/Time of Injury: _____

Where and How Injury Occurred: *(Be sure to include cause and force of the hit or blow to the head.)* _____

Description of Injury: *(Be sure to include information about any loss of consciousness and for how long, memory loss, or seizures following the injury, or previous concussions, if any. See the section on Danger Signs on the back of this form.)* _____

DIRECTIONS:

Use this checklist to monitor students who come to your office with a head injury. Students should be monitored for a minimum of 30 minutes. Check for signs or symptoms when the student first arrives at your office, fifteen minutes later, and at the end of 30 minutes.

Students who experience one or more of the signs or symptoms of concussion after a bump, blow, or jolt to the head should be referred to a health care professional with experience in evaluating for concussion. For those instances when a parent is coming to take the student to a health care professional, observe the student for any new or worsening symptoms right before the student leaves. Send a copy of this checklist with the student for the health care professional to review.

OBSERVED SIGNS	0 MINUTES	15 MINUTES	30 MINUTES	<input type="checkbox"/> MINUTES Just prior to leaving
Appears dazed or stunned				
Is confused about events				
Repeats questions				
Answers questions slowly				
Can't recall events <i>prior</i> to the hit, bump, or fall				
Can't recall events <i>after</i> the hit, bump, or fall				
Loses consciousness (even briefly)				
Shows behavior or personality changes				
Forgets class schedule or assignments				
PHYSICAL SYMPTOMS				
Headache or "pressure" in head				
Nausea or vomiting				
Balance problems or dizziness				
Fatigue or feeling tired				
Blurry or double vision				
Sensitivity to light				
Sensitivity to noise				
Numbness or tingling				
Does not "feel right"				
COGNITIVE SYMPTOMS				
Difficulty thinking clearly				
Difficulty concentrating				
Difficulty remembering				
Feeling more slowed down				
Feeling sluggish, hazy, foggy, or groggy				
EMOTIONAL SYMPTOMS				
Irritable				
Sad				
More emotional than usual				
Nervous				

To download this checklist in Spanish, please visit: www.cdc.gov/Concussion. Para obtener una copia electrónica de esta lista de síntomas en español, por favor visite: www.cdc.gov/Concussion.

Danger Signs:

Be alert for symptoms that worsen over time. The student should be seen in an emergency department right away if s/he has:

- ☐ One pupil (the black part in the middle of the eye) larger than the other
- ☐ Drowsiness or cannot be awakened
- ☐ A headache that gets worse and does not go away
- ☐ Weakness, numbness, or decreased coordination
- ☐ Repeated vomiting or nausea
- ☐ Slurred speech
- ☐ Convulsions or seizures
- ☐ Difficulty recognizing people or places
- ☐ Increasing confusion, restlessness, or agitation
- ☐ Unusual behavior
- ☐ Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Additional Information About This Checklist:

This checklist is also useful if a student appears to have sustained a head injury outside of school or on a previous school day. In such cases, be sure to ask the student about possible sleep symptoms. Drowsiness, sleeping more or less than usual, or difficulty falling asleep may indicate a concussion.

To maintain confidentiality and ensure privacy, this checklist is intended only for use by appropriate school professionals, health care professionals, and the student's parent(s) or guardian(s).

For a free tear-off pad with additional copies of this form, or for more information on concussion, visit: www.cdc.gov/Concussion.

Resolution of Injury:

- ☐ Student returned to class
- ☐ Student sent home
- ☐ Student referred to health care professional with experience in evaluating for concussion

SIGNATURE OF SCHOOL PROFESSIONAL COMPLETING THIS FORM: _____

TITLE: _____

COMMENTS:

**Heads Up to Schools:
KNOW YOUR CONCUSSION ABCs**

To order additional materials **free-of-charge** from the Centers for Disease Control and Prevention (CDC), please complete the information below:

QUANTITY REQUESTED
Fact sheet for school nurses (limit 100)
Checklist of concussion signs and symptoms (limit 100)
Fact sheet for teachers, counselors, and school professionals (limit 100)
Fact sheet for parents (limit 100)
Magnet (limit 10)
Laminated card (limit 100)
Large poster (limit 10)

NAME:	
TITLE/ ORGANIZATION:	
STREET ADDRESS:	
CITY/STATE/ZIP:	
TELEPHONE:	

Your Opinion Is Important!

Schools: Know Your Concussion ABCs—positive, negative, or neutral. We would like to know what school professionals are saying, questions you and they may have, and how it will affect what you and they do every day.

[illegible]

Please email any additional comments to ncipcdinfo@cdc.gov. Please use subject line "Concussion ABCs Comments."

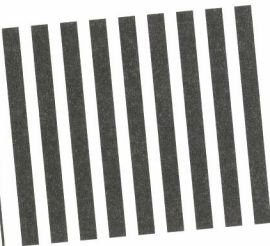
**U.S. DEPARTMENT OF
HEALTH AND HUMAN SERVICES**

Public Health Service
Centers for Disease Control
and Prevention (CDC)
Atlanta, Georgia 30333

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ATTN: CDC/NCIPC/DIR Communications Office
Centers for Disease Control and Prevention
4770 Buford Hwy, NE, Mail Stop F-62
Atlanta, Georgia 30341-3724

Signs and Symptoms of a Concussion

Students who experience **one or more** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be referred to a health care professional experienced in evaluating for concussion.

SIGNS OBSERVED BY SCHOOL PROFESSIONALS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to hit, bump, or fall
- Can't recall events *after* hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

SYMPTOMS REPORTED BY THE STUDENT

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Sleep*:

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual
- Has trouble falling asleep

Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

**Only ask about sleep symptoms if the injury occurred on a prior day.*

THE FACTS:

- * All concussions are serious.
- * Most concussions occur without loss of consciousness.
- * Recognition and proper response to concussions when they first occur can help aid recovery and prevent further injury, or even death.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

For more information and to order additional materials: **FREE-OF-CHARGE**, visit: www.cdc.gov/Concussion.

May 2010

Please email any additional comments to ncipcdirinfo@cdc.gov. Please use subject line "Concussion ABCs Comments."

NAME:	
TITLE/ ORGANIZATION:	
STREET ADDRESS:	
CITY/STATE/ZIP:	
TELEPHONE:	
